



Fight Parkinson with us! 和我们一起对抗帕金森!

PSS MEMBERSHIP



新加坡帕金森协会会员

By becoming members, people with Parkinson and their caregivers can enjoy privileges, subsidised programmes and support. Annual membership and Lifetime membership schemes available.

成为会员可享有新加坡帕金森协会主办的各项活动的优惠以及其它支援。帕金森病患和他们的照顾者可加入PSS成为年度会员或成为终身会员。

DONATE



欢迎并感谢您的大力支持

As an independent non-profit organisation, PSS is funded by public and corporate donations. Registered as an Institution of Public Character (IPC), donors who give a minimum donation of \$50 to PSS will be eligible for tax-exemption subject to conditions stated in the IRAS website.

新加坡帕金森协会是受公众和企业捐款而设立的一个非盈利独立组织，它是一所公益机构。凡给PSS一次捐款50元和以上者，将有资格获免税待遇。税收减免将会被自动输入您的IRAS纳税评估。条件请阅读：
http://www.iras.gov.sg/irasHome/page04_ektid1274.aspx

Donations may be made via cheques, issued to Parkinson Society Singapore.

捐款可以通过支票支付至：
Parkinson Society Singapore。

Online donations may be made via:

- www.SGGives.org; and
- www.Giveasia.sg

网上捐款可通过网站：
• www.SGGives.org; 与
• www.Giveasia.sg

The society appreciates all donations, whether it is a one-time gift or an on-going one. You can also make a donation in memory or in honour of a loved-one.

无论是一次性捐赠或是长久的支持，新加坡帕金森协会都很感谢所有的捐赠者。您也可以为纪念亲人或以各类荣誉的名义给予捐款。

BE A VOLUNTEER



成为一名志愿者

PSS welcomes volunteers who are willing to give of their time and expertise to support the programmes and services for the Parkinson Community.

如果您愿意付出您的时间和奉献您的专业知识来支持帕金森群体的活动方案和服务，PSS欢迎您加入，成为协会的志愿者。

Mission

To promote awareness and understanding of Parkinson and related disorders by educating patients, caregivers and their communities, and by supporting them holistically in their journey with Parkinson.

协会宗旨

新加坡帕金森协会的宗旨是通过教育病人，照顾者以及社区公众的宣传教育和为病人提供全方位的支持以达到提高疾病意识和深入疾病了解的目的。其目标是：

- 通过书籍，网络，讲座等方式来传播有关帕金森病的治疗护理知识和信息
- 提供辅助性治疗方案及服务以保持病患的活动能力和改善整体健康
- 透过支援小组活动，健康教育和提供辅助性治疗方案

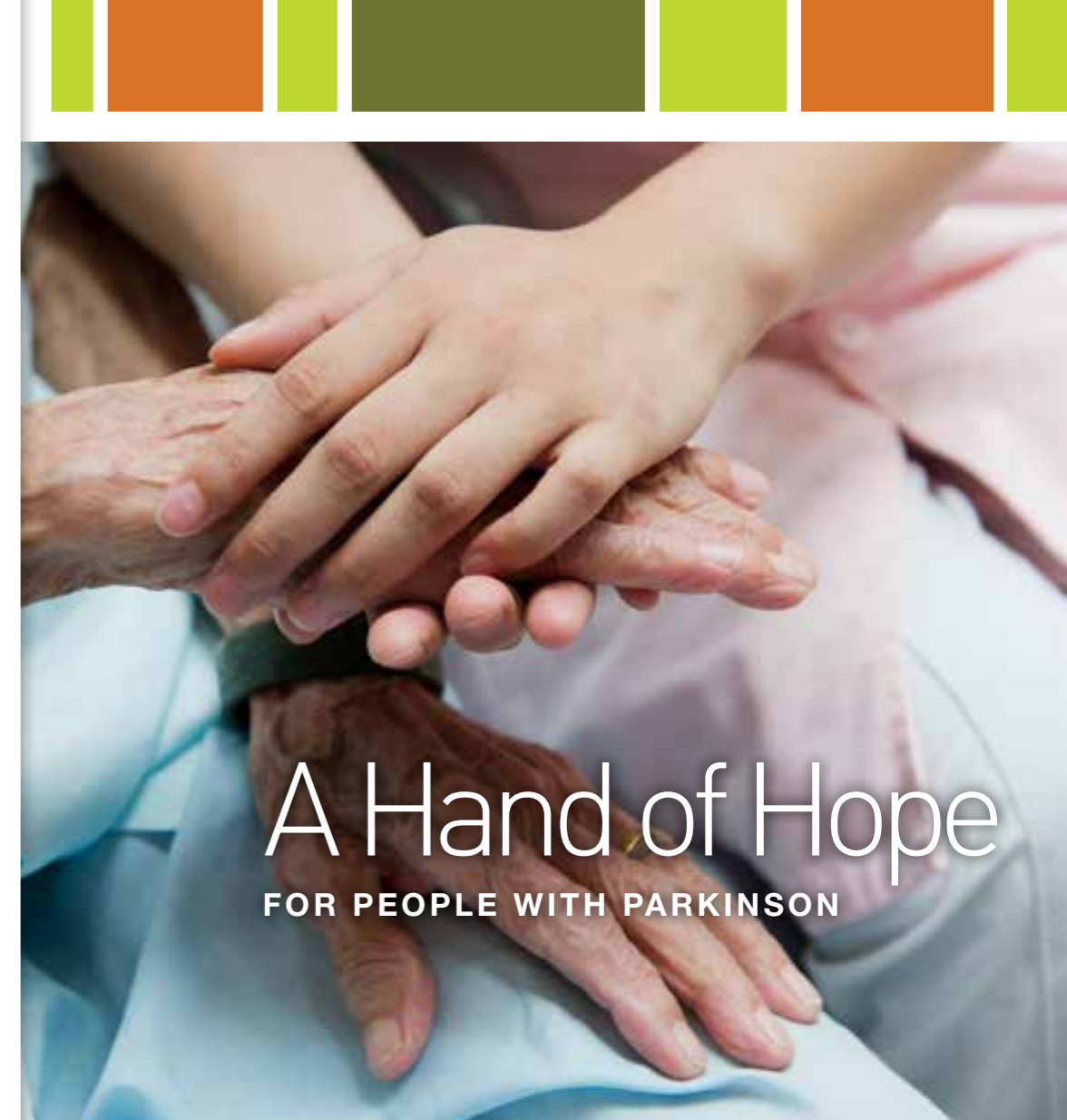
Objectives

- To disseminate knowledge and information which promote better care and management of Parkinson through books, websites, talks and public forums.
- To provide therapeutic programmes and services that help patients sustain their functions and total well-being.
- To establish a social and community network of support for patients and caregivers through support groups, healthcare training and social events.



A Registered Charity with the National Council of Social Service (NCSS)
UEN S96SS0203J

Blk 191 Bishan Street 13 #01-415 Singapore 570191
☎ 6353 5338 📠 6353 3085 📧 info@parkinson.org.sg
🌐 www.parkinson.org.sg





Parkinson Society Singapore 新加坡帕金森协会

Parkinson Society Singapore (PSS) was formed on 16 December 1996 by a group of doctors and caregivers to help people living with Parkinson. The society was registered as a charity on 28 January 2000 and is a member of National Council of Social Service (NCSS).

Since then, the Society has organized a number of programmes including annual public forums, therapeutic exercise programmes and social and recreational activities, aimed at improving the lives of people with Parkinson. The Society also works closely with support groups in various hospitals and publishes newsletters and books to raise the awareness of Parkinson.

In Singapore, about 6,000 to 8,000 people have Parkinson and related conditions and this number is expected to go up in a rapidly aging population.



为了帮助帕金森病患者，一群医护人员和帕金森病照顾者发起并组建了新加坡帕金森协会。协会成立于1996年12月16日。在2000年1月28日其正式注册为慈善机构，并成为国家福利理事会(National Council of Social Service)的成员。

自从协会成立以来，组织了许多丰富多彩及有意义的活动，如年度公众讲座，运动课程班以及一些社会娱乐活动以改善帕金森病患的生活。协会与各个医院合作紧密，参与其中的帕金森支援小组活动。协会也通过出版会讯和书籍来宣传有关帕金森病的知识，以提高公众对疾病的意识。

据目前统计，大约6000-8000位国人患有帕金森病或相关病症，这个数字预计将会随人口老龄化而增加。

The Parkinson Centre 新加坡帕金森中心

Singapore's first community-based Parkinson Centre provides people with Parkinson and their caregivers with the much needed support beyond those provided in hospitals. Activities and programmes held at the Parkinson Centre are specially designed to address the needs of those with Parkinson, to help them cope with mobility, dexterity, posture, verbal communication as well as cognitive capabilities. Located within minutes from Bishan Bus Interchange and MRT station, the Centre is easily accessible by public transport.



是本地首家医院之外为帕金森病患和照顾者提供服务的社区中心。帕金森中心举办的各类活动是根据帕金森病患的需求而专门设计的计划方案以解决问题，帮助他们更好地应对在活动能力，精细动作，姿势姿态，语言交流以及认知能力等方面所遇到的困难。它位于碧山巴士转换站与碧山地铁站附近，地址：碧山13街第191座组屋底层。

THE CENTRE'S SERVICES

THERAPEUTIC PROGRAMMES

A wide range of specially customized programmes that cater to the various needs of people with Parkinson and related disorders have been developed.

These include:

- Movement Programmes (E.g. Physiotherapy, Motivational Yoga, Tai Chi, Dance Therapy, Qigong)
- Voice Programmes (E.g. Karaoke, Group Singing Classes, Laughter Therapy)
- Dexterity Programmes (E.g. Art, Painting, Paper Clay, Chinese Calligraphy, Origami)
- Cognitive-Stimulation Programmes (E.g. MaxMind)

COMMUNITY OUTREACH & CAREGIVER SUPPORT

Besides providing counselling for caregivers and people with Parkinson, the Centre

provides training for caregivers and community care through Community Care Partners Programmes (CCPP) and Caregivers' Workshops.

PUBLIC EDUCATION

The Centre serves as a resource base where public education programmes, talks and forums as well as resource materials on Parkinson are available.

SUPPORT GROUPS

The Centre provides information and access to the various support groups organized by the hospitals. An exclusive support group entitled the Youthful Parkinson Circle (YPC) is for PSS members who were diagnosed with Parkinson at a younger age. The YPC meets bi-monthly at the Centre, facilitated by volunteers of PSS.



中心的各类服务

辅助治疗方案

系列较广范围的治疗方案都是根据帕金森病患的需求而专门制定的。它们包括：

- 运动治疗 - 如：物理治疗，瑜伽，太极，舞蹈，气功
- 语音治疗 - 如：卡拉OK，集团歌唱班，笑声疗法
- 灵巧课程 - 如：艺术，绘画，纸粘土，书法，折纸
- 认知刺激训练 - 如：大脑强化训练。

社区延伸及照顾者支持计划

除了提供对帕金森患者和照顾者的辅导之外，该中心也通过社区合作伙伴计划(CCPP)和照顾者学习班为照顾者和社区护理组织提供培训。



公众教育

该中心作为一个资源基地提供帕金森有关的公众教育课程，讲座，论坛以及资源信息。为大家提供了解帕金森病的平台。

支援小组

该中心与各医院组织的支援小组联系密切，可为需要者提供信息和联络途径。其中一个称为“年轻帕金森圈”的特别支援小组是专为年轻的帕金森病患且PSS会员所开设的。在PSS志愿者的协助下，“年轻帕金森圈”的参与者每两个月在该中心集会一次。